

THE INSIDE~OUT LOOK

CENTRE OF BRAMPTON

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THE INSIDE OUTLOOK

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Inside - Outlook Newspaper Editorial Policy

The views of this newspaper do not necessarily represent those of the Newspaper Staff or have the endorsement of the Administration.

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PLEASE HEAR WHAT "I'M NOT" SAYING

DON'T BE FOOLED BY ME,
 Don't be fooled by the face I wear.
 For I wear a mask, I wear a thousand masks; that I'm afraid to
 take off,
 And None of them are me!

Pretending is an art that's second nature with me,
 But don't be fooled, for God's sake, don't be fooled.

I give you the impression that I'm secure; that all is sunny and
 unruffled with me, within as well as without.
 That confidence is my name and coolness my game; that the water's
 calm and I'm in command, and that I need no one.

BUT DON'T BELIEVE ME, PLEASE!

My surface may seem smooth, but my surface is my mask;
 My ever-varying and ever-concealing mask!

Beneath lies no smugness, no complacence;
 Beneath dwells the real me in confusion, in fear, in aloneness.

BUT I HIDE THIS

I don't want anybody to know it.
 I panic at the thought of my weakness and fear of being exposed.
 That's what I frantically create a mask to hide behind---
 A nonchalant, sophisticated facade, to help me pretend---
 To shield me from the glance that knows.
 But such a glance is my salvation, my ONLY salvation. AND I KNOW IT!
 It's the only thing that can liberate me, from myself;
 From my own self-built prison walls; from the barriers that I so
 painstakingly erect.
 It's the only thing that will assure me of what I cannot assure
 myself
 THAT'S I'M REALLY WORTH SOMETHING.

But I don't tell you this. I DON'T DARE. I'm afraid to!
 I'm afraid your glance will not be followed by acceptance and love.
 I'm afraid you'll think less of me, that you'll laugh and your
 laugh would kill me.
 I'm afraid that deep down I'm nothing, that I'm no good, and that
 you'll see this and reject me.

So I play the game, my desperate pretending game -
 With a facade of assurance without, and a trembling child within.
 AND SO BEGINS THE PARADE OF MASKS, the glittering but empty parade
 of masks.

AND MY LIFE BECOMES A FRONT -

I idly chatter to you everything that's really nothing,
 And nothing of what's everything, of what's crying within me.
 So when I go through my routine, do not be fooled by what I'm saying,
 PLEASE, listen carefully and try to hear what I'm NOT saying, but
 what I can't say.

4
I dislike hiding! HONESTLY!

I dislike the superficial game I'm playing, the superficial phony game.

I'd really like to be genuine and spontaneous, and ME!

BUT, you've got to help me; you've got to hold out your hand --
Even when that's the last thing I seem to want or need.

Only you can wipe away from eyes the blank stare of the breathing dead.

Only you can call me into aliveness ---

Each time you're kind and gentle, and encouraging;

Each time you try to understand because you really care ---

My heart begins to grow wings, very small wings, very feeble wings,
but wings.

With your sensitivity and sympathy, and your power of understanding---
you can breathe life into me. I WANT YOU TO KNOW THAT!

I want you to know how important you are to me ---

How you can be a creator of the person that is ME, if you choose to!

PLEASE CHOOSE TO!

You alone can break down the wall behind which I tremble;

You alone can remove my mask;

You alone can release me from my shadow world of panic and
uncertainty, from my lonely prison.

So do not pass me by, PLEASE, do not pass me by!

It will not be easy for you ---

A long conviction of worthlessness builds strong walls.

The nearer you approach to me, the blinder I may strike back.

It's irrational, but despite what the books say about man ---

I AM IRRATIONAL!

I fight against the very thing that I cry out for.

BUT I AM TOLD THAT ---

Love is stronger than strong walls, and in this lies my hope.
MY ONLY HOPE!

Please try to beat down those walls with firm hands, BUT, with
gentle hands ---

FOR A CHILD IS VERY SENSITIVE.

WHO AM I? you may wonder. I am someone you know very well ---

For I am EVERY man you meet and I am EVERY woman you meet!!!

WHY DON'T WE HEAR MORE ABOUT THIS IN THE NEWSPAPERS

CHRISTMAS T. A. P.'S

In the Vanier year of '73, twenty-nine residents were granted Christmas passes. This is the largest number of residents recommended at one time in Vanier history. The best news of all was that each T.A.P. was completed successfully.

A great deal of credit should be given to these girls who have opened doorways for T.A.P.'s to future residents. Let's hope they in return show as much consideration so more trust will be given in support of various T.A.P.'s.

It was a hard struggle for some girls to obtain a Christmas pass to be with their loved ones but a lot of faith and trust was shown on Mr. Doyle's part. Great man for the job! We all hope his new ideas prove as successful in the following years in Vanier Centre.

June S.
Sally M.
Marg N.

THE

Time can't stand still my friend,
Now is the time to bring about changes,
Life is too short
To be living it always the same.

We've got to let our minds wander
And free all our thoughts
So we won't be left behind
And always caught.

Yes, mountains are high and oceans deep
But these things too, through our
Minds can seep.

Why wait for tomorrow for
What can be now!!!

Kathie L.

6.
ONE WAY OF HELPING A FRIEND

LISTEN

People often get more relief from a sympathetic ear than by being told what to do. Most of us tend to be free with advice - usually based on what we would do in a similar situation. We often try to minimize our friend's troubles by telling her of someone who has more problems than she has. Many of us don't want to hear problems unless we can help solve them. Sometimes it seems as if we want to drown our friend's sorrows in chatter. But serious listening helps more.

In 1882, the Viennese physician Joseph Bruer made the remarkable discovery that oftentimes hysterical, frightened patients found release just by talking about them.

While you wouldn't or shouldn't think of psycho-analyzing your friend, you can provide friendly help just by listening to her. As she talks about her feelings, sometimes many of her worries change from burdensome fancies in her head to controllable facts laid out on the table. By putting her problems into words, she can clarify her choices for dealing with them. Furthermore, the very act of talking helps her to release pent-up emotions and to relieve tension.

Often after a session in which she has done most of the talking, a girl will suddenly say thanks a lot for listening to me. I feel much better now.

Bernice L.

A man stood at the heavenly gate
His face was scarred and old,
He stood before the man of fate
For admission to the fold.

"Where have you been?" St. Peter
Asked, "that you want admission here"?
I've been in the penitentiary, sir,
For many a year.

The golden gate swung open wide,
St. Peter rang a bell
"Come in and choose a harp, my friend,
You've had your share of hell."

From Springboard
Submitted by
Susan L.

7
SUMMER IN THE DON

Upon entering the Don Jail one would think they had been taken to the wrong address and were in somebody's unkept basement apartment. There is a wooden counter with bars over it so only the hand can fit in the space provided to give the matron the information she needs. Then a gate composed of iron bars is opened and you are officially a resident of the Don Jail. Inside there are corridors which house about 18 people to a corridor. The furniture is limited to 3 aluminum picnic tables which sit six people to a table. Also we find a sink and three showers which don't offer much privacy. Also there is a dorm where female residents see a movie once every two weeks.

If you've never been in the army, the Don's a good place to pick up a few pointers. You go to bed at 8:30 p.m. and rise at 6:30 a.m. It's not due to the fact there's such a heavy schedule there because all you do is sit in your corridor day in and day out, unless of course you are fortunate enough to be allowed to work in the laundry or make toys in the Form. Of course, these are privileges only a few select people can have. Meals are rarely hot unless of course there is chili on the menu. They come up from the basement in wagons after being most of the time poorly prepared by the men.

Of course, there is the daily routine of the drill sergeant (head matron) checking to see there are no books, cups, etc. on the table. The books are not supposed to be on the floor or on the table. If the cells are checked and there are books on the floor, you are questioned about this. Where do the books go? Will someone please let me know? There are no bookcases!

And we musn't forget the E. Frye parties that are held in the laundry once a month. (Fun and games in the laundry). This party is always waited for with much appreciation by all inmates. Fingo is the main source of entertainment. Prizes consist of panty hose that we are not allowed to wear, over sized panties, and that priceless Export tobacco which is so rare in the Don.

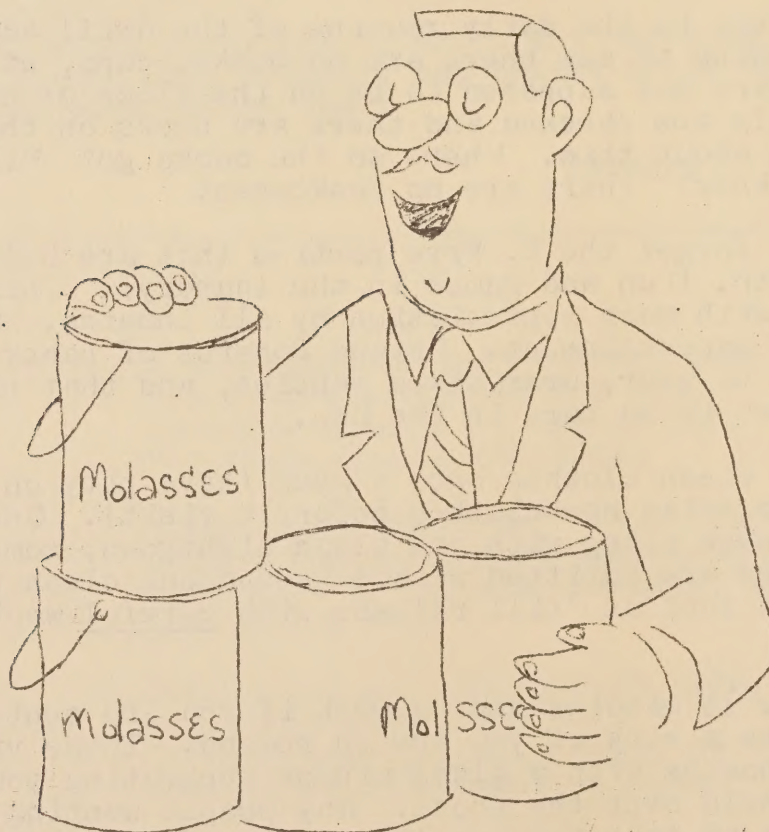
We are issued clean clothes once a week (have pity on the careless person who soils her clothes before a visit). One clean sheet is issued a week along with one clean nightgown, somewhat badly torn. When we are admitted we are issued one clean pair of panties that are to last us 'till release with careful washing every night.

The visits are 15 minutes once a week if you are sentenced, two 15 minute visits a week if you are on remand. These visits are held in small booths with a glass window separating you. All conversations are held over the phone. Any people wanting to visit an inmate first has to take the insults of the officer in charge. This is the price you pay for wanting to visit your loved ones in jail. There is no mistaking where you are when you're in the Don. The matrons and bars, "are always there" to remind you.

I imagine the Don Jail along with any other place does have its good points. But speaking for myself, I have yet to find one. Although some people would rather be there, I guess some people are just suckers for punishment and don't know where the punishment ends.

Kathie L.

No I'm sorry miss, I don't know
how to make "home brew."



Nancy K.

WHAT VANIER HAS DONE FOR ME

In the last paper, I wrote an article on how I saw the situation here at Vanier. I think a lot of people read that article and thought that I was criticizing Vanier as a whole. I was not, however, and I would like to set that straight right at the beginning of this article. I was only criticizing the restrictions which were placed on the residents here. I thought then, and I think now, that there has to be a better way of dealing with situations as they arise.

I want everyone to know that I feel that if you have to be placed in a jail, or in a reformatory, that Vanier is the best place at this moment. I know that if I had to stay in some place like the Don Jail, that by the time I was released, I would be ready for a nervous breakdown.

Vanier has been very good for me because it has made me stop and think about what I have been doing all my life and that I have been using my background to play upon. Anytime I didn't do something right, I would just say, "that's what is expected of me." Now I know that these were only excuses and that I was only using them to cover up my own inadequacies. I have also learned something which I had all my life to learn about and that is that I am as good as anybody, not better, but just as good. You see, all my life since childhood I had been told so often that I would turn out "good for nothing", so I let that idea become firmly wedged inside of me and when I came in here I felt that I couldn't walk on the same ground as anyone else. Now, however, after a lot of help from the residents and staff alike, I know that I can go out and even though I'll have my 'ups and downs' I know that I shall be able to meet my responsibilities without folding up again.

I also know that on the outside, I shall need help at first. Before I always put off asking for help until it was too late and I was already in trouble. Now I shall be able to ask before it's too late and when I first need help.

Vanier is a place which can only help you if you want to help yourself, but I believe that the people here, for the most part try to help you find the reasons to want to help yourself. I also know that any resident from any cottage will try to help you in anyway she possibly can. Look at me. I came in here weighing 222 pounds, sloppy, didn't care about anything. Now I am down to 182 pounds, care about myself and it is due a lot to all the residents from every cottage who encourage me along when I falter a little bit. So to all my friends in cottages one, two, three and four, I want to say through this newspaper, "thanks from the bottom of my heart!" for if it hadn't been for your encouragement, I would never have made it as far as I have now.

There are always a few bad points to go along with the good points, and as at any place, Vanier has its share. For example, making the girls who are sick go out into the cold to get their medicine and then come back to the cottage is one such bad point.

No matter what medication you are taking, it's not going to help if you go out into the cold three or four times a day. Again, I think that all the people sitting in the offices of the Ministry of Corrections should be able to find better ways than this for people who are ill. Also, this bit about putting in at noon for a headache you are going to have at five - how do you know when you are going to have a headache? I bet I could guarantee that the staff don't have to wait from noon till five for one aspirin!

Also, if residents have successfully completed group T.A.'s and also one or two other T.A.P.'s, I think that you should put a little trust and faith in the girls, because some of them, like myself, have been lacking these on the street and need that trust to build up their own self-image.

There should also be married social workers for married women and single social workers for single women. Why doesn't the Ministry of Justice pay for women who have been through troubles to take the course instead of just getting people who have a degree and who don't know anything except that which is in books to act as social workers. If you haven't been through difficult and different times, how on earth do you expect to be able to help others like some social workers do?

They should also have different doctors for different things, such as general practice and eyes and should not rely upon one doctor for everything.

There should be a larger visiting room so that residents could have their visits in a more relaxed setting. When the visiting room is full now and everyone is talking, it is kind of hard to hear the person talking to you.

I hope that some of these changes can be made for the benefit of others!

Fernice L.

INSTEAD OF FEAR

Let me feel compassion
Instead of loneliness.
Let me have friendship
Instead of anger.

Let me feel happiness
And most of all,
Instead of hate,
Let me love,
And with these we can strive
For better goals.

Carol K.

11
LSD

Do you like children? If you don't, this article is not for you. Do you like yourself? If you don't this article is not for you either. When a person does a bit of acid, yes, even one hit, they are taking the chance of having a baby whose brain is at the back of its neck, whose body is deformed, whose brain doesn't function properly, greater.

It is common knowledge that there are babies born with some sort of defect even though no drugs have ever been taken. But people who take acid, male or female, break down their chromosomes with each and every tab of acid they take, and destroy their brain cells...not just break down the brain cells, but DESTROY, not to be repaired. It has been medically proven that in a research with animals, that one dose of acid, before conception, could cause the offspring of the animal to be malformed. What gives anyone the right to tamper with another life?

A lot of people, who do acid think it is a way to "expand the mind" ... CRAP! Acid doesn't expand the mind, it destroys it. A lot of my friends who do acid are just walking vegetables. A few more are still on trips in a mental hospital; their chances of ever coming down are nil. I'm not condemning acid. All I'm stating is fact. Not just the way I see it, but proven fact.

If you want to do acid, go right ahead and do it, but think about what you are doing to a life that has every right to be... a baby you may sometime hope to have. Think about what it is doing to you, and your life. Maybe you are one of the many who has never had a bummer, but your time is coming and keep it in mind that maybe your next trip may not be as pleasant as the last one you had.

You have no one to blame but yourself. The choice is yours, you can either be cool and destroy yourself and your offspring, or you can be cool and healthy in mind, conscience and body.

Barb R.

The woman beside was a murderer
The woman across was a thief,
And I lay there inside my room
Ailing beyond belief.
I was sure enough in a terrible fix
And often I wondered why,
Finish me off with a dose of dope
So utterly lost am I.
Often I would die the death
Yet wake up to life anew,
The sun would be ablaze on the waste
And the sky a blighting blue.

Submitted by a resident.

GREECE

I am going to tell you about the country where I was born. That country's name is Greece. It is a small nation where the first European civilization started more than 2,000 years ago. To-day it is one of the least developed countries in the world. But it was once the most powerful.

Athens is the largest city and also the Capitol. It is on the mainland in the southern part of Greece.

One of our legends says that God sifted the earth through a large strainer while he was making the world. He made one country after another with the good soil and threw away the stones left in the strainer. These stones are what became Greece.

GREEK DANCE

There is no part of Greece more than 85 miles from the sea and the Greeks have always been a seafaring people. About $\frac{4}{5}$ of the country is the mainland but the other $\frac{1}{5}$ is made up the Southern part of the Balkan Penninsula which extends into the Mediterranean Sea. Many legends including those of Jason and Ulysses centre around sea voyages. Greece to-day has the 7th largest Merchant Fleet in the world.

In 1971 Greece had over 9 million people. Nowadays, we have orange and olive groves. We are very grateful for the Canaduian and American tourists who visit our country because by their coming and spending money our economy is stabilized.



I would like to tell you now a bit about the part of Greece where I come from.

I was born in Corinth on the island of Peloponnes, which is at the Southern tip of Greece. Corinth is right across from Athens. We have an approximate population of around 15,892 people.

We have many, many museums and art galleries, because we are great lovers of things beautiful and old and priceless. Our sculptures and beautiful gardens are such a beautiful sight that by telling you, any words I use will seem dull in their place.

We have many old buildings to remind us of how our ancestors built these places by hand and with no machinery or animals to help them. These buildings also remind us never to be lazy or too proud to do menial labour.

We are also very proud of our heritage, but we like to think of ourselves as being friendly to all who visit us. I am sure I speak for my fellow countrymen when I say if you ever get a chance, please come and visit Greece so that you can see how beautiful it is and also so that we can show you how much we care for people.

1 Καλημέρα σας.

2 Πώς είστε;

3 Πολύ καλά. Ευχαριστώ.

4 Θέλω πληροφορία

5 ή πόλη

6 ο δρόμος, or η οδός

7 η παραλία

8 Ευχαριστώ πολύ.

Good morning.

How are you?

Very well, thank you.

I want information.

Town

Street

Seashore

Thank you very much.



Ἡ Ελλάδα εἶναι μία ἀπό τῶν πλεόν
ὀμορφῶν χωρῶν τῆς Εὐρώπης.

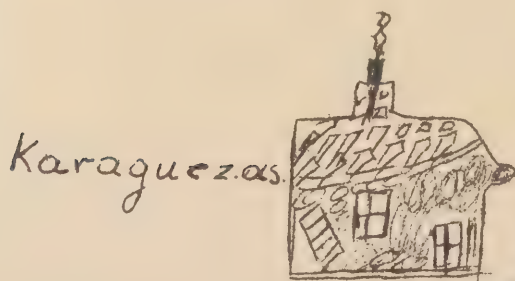
(ee eh-lah-thah ee-neh mee-ah ah-poh tees pyoh oh-mohr-fehs
khoh-rehs tees ehv-rov-pees).

Greece is one of the most beautiful countries in Europe.



Ἡ φιλοφροσύνη εἶναι ἑλληνικὴ ἀρετή.

(ee fee-loh-kseh-nee- ah ee-neh eh-lee-nee. kee ah-veh-tee)
Hospitality is a Greek virtue.



Karaguzas.



PUPPET SHOW



«Καραγκιόζης»

Interview with Jim Hanvey by Bernice L.

Question: What made you decide to leave Scotland and take up residence here in Canada?

Answer: At one time some of my friends and I were considering emigrating to Australia but the more I thought about it, the more my mind kept switching over to Canada. This was because I thought that this country could offer me more in the way of climate and wide open spaces and as I am a great lover of the outdoors and camping, I decided to come here.

Question: Did Canada live up to your expectations?

Answer: Yes it did. In fact it exceeded my expectations by far.

Question: How long have you been in Canada now?

Answer: I have been here for five years.

Question: Do you plan on making Canada a permanent abode?

Answer: Yes, I certainly do.

Question: How much schooling did you have?

Answer: I have had up to the equivalent of grade eleven here in Canada.

Question: What did you do in Scotland?

Answer: I was a fireman.

Question: How long have you been in Corrections?

Answer: I am now starting into my third year.

Question: How did you hear about Vanier?

Answer: I was once talking to Mr. Biesenthar, who was at that time Senior Security Officer here and he asked me if I had ever thought of getting into Corrections, and when I said I hadn't really thought about it, we got talking and soon I was into it.

Question: Where were you working before?

Answer: I was working for the Board of Education in Etobicoke.

Question: How long have you worked here at Vanier?

Answer: Since the very beginning of my going into Corrections. I started in Dec. of 1971.

Question: Do you like it here?

Answer: I like it here very much and find it a very satisfying job.

Question: Do you feel free to give a resident advice at any time?

Answer: Yes, I try to help each and every resident that I can. If at any time I feel I can give them any advice, I try to do so.

Question: Do you follow along with the Centre on your cottage duties?

Answer: Yes, although my job is 60% Security, I find the cottage duties satisfactory.

Question: Do you see any value in more male employees in female institutions?

Answer: Yes, I certainly do.

Question: Would you favour male and female C.O.s on cottages?

Answer: I think it should be mixed because I feel it is unnatural to be cut off from all males and I feel that the atmosphere should be as natural as possible.

Question: Do you feel comfortable if in favour of such on a personal level?

Answer: Yes I do.

Question: What if anything do you think should be changed for the girls here?

Answer: I think it is a pretty good program now and that there should be, few, if any changes made at this time.

Question: How do you feel about the way visits are handled at present?

Answer: I wouldn't like to see more right now, but I would like to see a bigger visiting area.

Question: Are you married?

Answer: Yes I am.

Question: How long have you been married?

Answer: I have been married eighteen years.

Question: How does your wife feel about you working here and on different shifts?

Answer: She has mixed feelings.

Question: Do you have any children?

Answer: I have two children ages seventeen and ten.

Question: How do they feel about not having you around all the time?

Answer: They also have mixed feelings. Sometimes they can't wait for me to get on afternoons so they can get into a little mischief like staying out past their bedtimes and at other times can't wait for me to get days so that we can see each other more.

Question: What shift do you like better?

Answer: I like them all. They add variety and I like this.

Question: Would you like to add anything else?

Answer: Yes. Working in Corrections has been in the past two years for me a very exciting experience and will continue to be so. I like people and since working in Corrections has satisfied me greatly, the people I have worked with have been helpful in gaining wisdom which I will always be grateful for. The team work is hard to match anywhere and every lady I meet and work with are really concerned about the future and welfare of the resident. These are the people I like to work with.

Interviewer:

I would like to thank Mr. Hanvey for a most enjoyable interview and for taking the time out from his duties to talk to me.

Bernice L.

CLIENTS OF THE JUDICIAL SYSTEM

Clients of the Judicial System is a non-profit organization mostly composed of ex-offenders, parolees, probationers, and a few never-busted people who were interested in trying to cover the gap between incarcerated people and the outside world. Part of the idea is to keep various institutions in touch with each other and to arrange transportation for visits from the outside and from one prison to another. When an incarcerated person does not have anyone to visit, different members of the committee will visit with them. The creativity of prisoners is shown via the newsletters.

The program started out with a lot of enthusiasm and prospective goals, some which have been met and some still in the process.

The first of those initiated was the newsletter, sent into all county and state prisons and sent to members of C.J.S. and citizens on the street. This was a way to show the average citizen what is going on in the prisons today.

The second was setting up a halfway house for people to go to and spend a few days or weeks, from the time they left jail, until they were ready to go out on the street alone. Employment is a big problem when first released and help is offered in every way possible, gearing the ex-inmate to deal with responsibility for himself.

Different trained members offer counselling of all forms, ranging from drug counselling to personal counselling on family situations. This can be obtained while still incarcerated and also when on the street.

A credit union is also being set up where prisoners can establish a credit rating before they try to make it on the other side of the fence.

Things are also done for the parolees to help lower the risk of them returning to prison. Sports teams, workshops, dances, and social gatherings are the main things involved here. Family outings are also encouraged to try to bring the family together again.

A full-time membership drive is in process called "Life After Life". Members assume the responsibility of being a person on the outside keeping in touch and letting the person on the inside know what's taking place all around him. The members also help the family or friends of the inmate with any budgeting, babysitting or personal problems that may arise.

C.J.S. is very similar to Springboard. It is mostly up to the ex-offenders to help the organization and keep it going.

Lowering the anxiety about what's happening to family and friends is a great way to help. Knowing that there are persons interested in helping you and working on your behalf is a nice feeling. Having someone who's gone through the same trip and having someplace to turn to where you'll be accepted makes serving your sentence a lot easier.

These are all things we can all do for operations like C.J.S. and Springboard. It's one way to channel our energy to help others as well as ourselves.

Who can help more than those of us who know what going without freedom means?

Leslie C.

For further information contact:
C.J.S. Inc. P.O. Box 3147

Books, Books, Books

THE POVERTY WALL

BY IAN ADAMS

This is a book about the people in Canada who are poor, from the Indian and Eskimo nations right down to the women left without husbands trying to raise their children alone.

Ian Adams tells it like it is. He has been poor himself and also up in the money working for different magazines.

He tells how these people won't write the truth but only things that are rosy so that the general public doesn't hear about the hardships these people go through.

It is a book which everyone young or old should read. Then perhaps there would be more understanding about the problems the poor face.

PATRICIA L.

MY SHADOW RAN FAST

BY BILL SANDS

This is a story of a man who grew up in a world thinking he was rejected by his father. Life with his mother was a "living hell".

At the age of twelve he was on the road to crime, which eventually led to prison (San Quentin).

There he rehabilitated himself. He became a success in various professions, and marriage.

Bill Sands is now devoting his energy and talent to organizing rehabilitation programs to help convicts and ex-convicts. He lectures extensively to audiences across the country on prevention of juvenile delinquency, prison reform, and rehabilitation.

PATTI B.

THE SELECTED LETTERS OF ANTON CHEKHOV

Edited with an introduction by Lillian Hellman.
Translated by Sidonie K. Lederer.

These are the letters of an author who was far ahead of his time in thinking.

These letters were written in the short span of 19 years from 1885 when he was 25, to 1904 when he died of tuberculosis. These are the thoughts that he sent to friends and family. He was a man who was pleasant, witty wise, tolerant and kind with nothing wishy-washy in his kindness nor self-righteous in his tolerance. His wit was not ill-humoured. Such a nature is extremely remarkable when you think of the period he lived in - when tear-jerking, soul-searching was the intellectual fashion.

This book might sound pretty heavy by its title, but I found it quite interesting reading.

Bernice L.

ANIMAL LOVE

One day I was out in the woods and I was thinking I shouldn't be here, or should I? Well anyway, ever since I was little I always loved animals. I hate to see people kill animals of any kind. I love to be with them always and the same for my gerbil. No wonder it bites other people. It doesn't know you. I'm the only one it knows and it won't bite me because I'm the one that takes good care of it. Well, my gerbil will eat different kinds of food-for example; lettuce, carrots, cereal and nuts. It will also drink water if there is no lettuce, so remember, if your animal bites you, you better get to know it first and show him who's boss.

Ann L.

21
INTERVIEW WITH THELMA M.

Kathy: How long have you been at Vanier?

Thelma: Since about the first of December.

K. Did you like Timberlea?

T. No! I found Timberlea a very frustrating experience.

K. Could you elaborate on this a little now?

T. You're not told of the full program at Vanier. Many things are left open to the opinions of other residents and they are not always right.

K. What cottage are you in now?

T. Kontiki or #3.

K. Do you think Vanier can help you?

T. Yes.

K. Has it helped you?

T. Yes, immensely.

K. How?

T. It has opened new horizons for me in seeing possibilities for academic achievement which I have discovered since coming here. How deeply I felt deprived of it. It's opened new insight in personal growth and in group relations.

K. More than anything it has allowed a gradual awakening or fuller realization which if it had have been forced on me would not have been so readily accepted. A sense of personal motivation is my most welcomed achievement here at Vanier.

K. Before you came to Vanier what ideas did you have about the Centre?

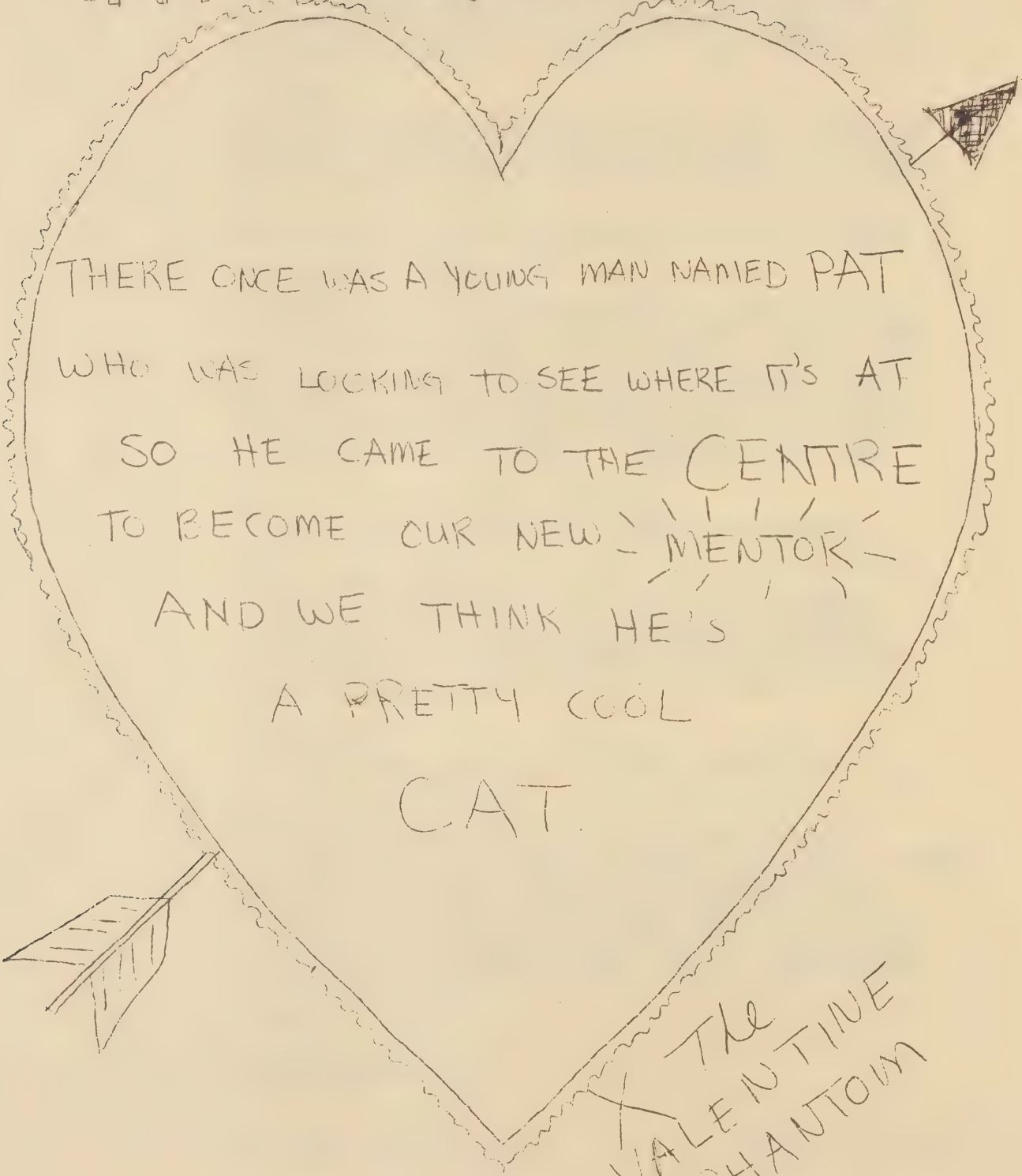
T. I saw it as a mini-penitentiary for people serving up to 2 years.

- K. What kind of a program did you think you would find?
- T. Detainment, that's all.
- K. What was your first reaction on seeing Vanier as it really is?
- T. It took me a lot of wasted time before I came to see Vanier as it is.
- K. Can you see any improvements that could be made in Vanier?
- T. Initially residents should have a full understanding of the place and not be subjected to 3 weeks of orientation.
- K. Why not a 3 week orientation?
- T. Because of the various sentences being served. More intense work done on shorter terms and first offenders. Also an extra cottage for more intense groups who can withstand and have need of it. I see Vanier as a therapeutic centre eventually.
- K. Why is this?
- T. Well, this may sound foolish but I think people are beginning to see emotions and understand human failings more than ever before. We are taking a course in reality. As an example, years ago in music we sang lovely sad songs to lovely sad music and felt good feeling bad. Nowadays, the words of songs are really sad and somewhat depressing, but sung to happier music so we know all the troubles and faults as before but we don't hide it and feel sad. We talk it out and either work it out or accept it. It's a good therapy just listening to some of the verses.
- So Vanier to me is with group meetings- sessions- counselling- a beginning or reality encounters.
- K. Do you think this can help residents?

- T. Immensely!
- K. How?
- T. By not really ignoring the crime because that is what the sentence is about but in getting to what the emotional problems were in leading to it, be it inferiority complexes or whatever. I have a feeling it's the end product jail deals with and the beginning Vanier deals with.
- K. What do you think of the male guards and visitors?
- T. I think the reality of the two sexes is a good thing and makes again for a more normal setting, thus helping to maintain an atmosphere of continuity, through the sentence, with the outside.
- K. What would you change in the correctional service if you had the power?
- T. I would do away with the indeterminate sentences and make therapy mandatory on 3 time repeaters, no matter what the sentence. Indeterminate sentences are emotionally draining; the indecision, also tends to waste time in not feeling free to participate on an open basis due to wanting to regain lost freedom as soon as possible.
- K. On the whole you see Vanier as a good thing?
- T. I see Vanier as a fantastic adventure in human development so far unequalled in the history of correctional programs as far as I know, in Canada.
- The growth will be slow due to financial and old social attitudes but like the music, the old phrases will be there but sung to a new tune, happier with Reality.
- K. Thank you!
- T. It's been an honour.

Kathie L.

HAPPY VALENTINE'S DAY!



THERE ONCE WAS A YOUNG MAN NAMED PAT
WHO WAS LOOKING TO SEE WHERE IT'S AT
SO HE CAME TO THE CENTRE
TO BECOME OUR NEW MENTOR
AND WE THINK HE'S
A PRETTY COOL
CAT.

X The
VALENTINE
PHANTOM

YOU WOULDN'T BELIEVE HOW I GOT MY PAROLE

It all started on a nippy snow swirling Wednesday in December. That in itself is a burden, waiting 'til the middle of a totally disastrous week. How I made it through 'til the big day, I'll never know but here it was Wednesday!

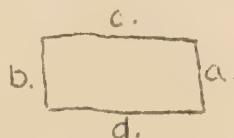
Things were fairly normal around the breakfast table as I was eating toast and enjoying my morning coffee, engaging in little chatter, sharing the anxiety of others going before the Board.

The morning seems a total blank to me now. As I look back I must have been wandering about aimlessly with my head in a cloud, thinking of so many possibilities. Time just drifted by right through my ordinarily eventful lunch.

The afternoon didn't run as smoothly however. I remember whenever I heard the phone ring I would practically jump out of my skin and my heart thumped like a jungle drum. After at least fifteen false alarms my name soon echoed down the hall. "Nancy, go to the Supervised Entrance!" Well this was it! I hurried into my coat and proceeded out the door with shouts of "good luck" behind me. Going over to Supervised Entrance was a long walk for me that day as my mind was racing, on scattered bits and pieces like a taxi meter clicking, never pausing for a rest. "What will they be like? What will they think of me? Will they have all my records and evaluations? What sort of questions will they ask me?"

Seated in Supervised Entrance, it's funn I didn't blow a fuse. Apparently things weren't going too well. A lot of girls got turned down including two of my closest friends whom I felt sure would make parole with a snap. Outside recommendations, cottage recommendations, a job waiting, excellent evaluations, and a first offender made me an excellent candidate, I thought.

Finally, after what seemed a lifetime, passed. A tall lean, stern middle-aged man came walking down the freshly polished hall and motioned. I was next! I swallowed hard and took a deep breath as I moved toward him. Down the hall we went neither one speaking, tension so thick you could cut it with a knife as I was seated in my place.



- a. Member of board (man)
- b. Member of board (lady)
- c. Chairman (man)
- d. Me!

All were seated. They motioned me to sit down.. A full three minutes passed while they sorted their papers and files before they started to ask me questions. Questions concerning my family, friends, and future prospects. Each taking turn without a hint of emotion. Three like manequins neither smiling nor blinking.

I answered all questions to the best of my ability then I was asked to wait outside to await their decision. Another eternity passed until the same gentleman called me in to hear their decision. Joy! I had been granted Parole! The rest of the day passed in a daze. I had parole! I had my dreams! I had my plans! Now I must make them all come true. Realizing that I could now become a worthwhile member of society, completing my education, I'm looking forward to a full and rich life as a result of my experiences here.

Nancy K.

Poking Fun At Vanier.

Vanier is a centering-out centre.
 You should think twice before you enter.
 You get a T.A.P. here and you know what's infernal
 Someone gooses you, they call that an internal.
 They have meetings here that come out of your ears.
 You either laugh your head or you end up in tears.
 You have to plan a headache in advance,
 And to get an aspirin, you do everything but dance.
 You get a group of women all cooped up together,
 And things get rough, not just the weather.

Sally B.

.....No matter how deep the shadows may be, how sharp the conflicts, how tense the distrust reflected in this hall and in this house, we are not permitted to forget that we have too much in common, too great a sharing of interests and too much that we might lose together, for ourselves and for succeeding generations, ever to weaken in our efforts to surmount the difficulties and not to turn the simple human values, which are our common heritage, into the firm foundation on which we may unite our strength and life together in peace.

Chris S.

PAT THE "PRINCE"

Patrick James Culver, our new principal, has recently come to us from Barrie where he worked at Portage View Elementary School as Vice-Principal for one and a half years. He is a graduate from McMaster University. Also, he is married and has two children - a boy, five, and a girl, four.

Pat feels that working At Vanier should be a fulfilling experience. He feels that Vanier is providing for the needs of people, but people change, so the programme should adapt to those needs. Pat believes in open education and that school is not the only place you learn, it is everywhere. He was also an Educational Co-ordinator for Special Education. He said Vanier is different and has the potential for change, growth, and development in the penal form. Pat and Bill Tilden worked together before and share some of the same views. Pat became interested in the concept of Vanier when he visited for four days in the summer.

He was asked about changes in the school operation and came back with "Rome wasn't built in a day" and that he would see about changes in the future. Education reflects society and society changes.

Also Pat was asked about censorship in the newspaper and self-expression. He answered that it depended on what was being said and how it was said. Pat seems to be very open to the opinions of the people. Pat said his reception by the girls here was very friendly and that he was going to try to get to know as many of them as possible.

Roxanne B.

The Speed Freak

There is no mind to find the truth,
There is no heart to feel,
If your answer is drug abuse,
With the devil you must deal.

Hallucination, permission, persuasion, and bugs will crawl your
soul,
You turn your head, your best friend's dead and now you are alone.
The devil's remedy for happiness, again it took its toll.
You're noone now, You're asking how you got to flesh, fear and bone.

Donalda M.

Farewell for Inspector Herries

On his departure he was quoted, "A most enlightening and rewarding visit. I had apprehension and concern about my acceptance here but the staff and residents gave me a true feeling of being accepted as a person. On the street I felt that people may want to meet me for their own selfish gain. In here it was different. A true experience!!" The staff said that he has added to our program, he has been a good experience for all and it is hoped that in the future, others will be as understanding and broad-minded as he. The residents had mixed feelings, but thought he wasn't as bad as they figured.

Valerie M.

REALITY

Whether we're up or whether we're down,
It will always be around,
The problem of facing reality.

Whether we're in or whether we're out
It will always come about,
The problem of facing reality.

There is no where we can run
On God's earth or under the sun,
From reality.

Life has many problems and woes
But we have to get up on our toes,
And face reality.

Though times are filled with problems and fears
With a little help from our peers
We can face reality.

When we have learned to do that
It will help us not to come back
Because we have learned the fact,
To face reality.

We are here to grow and learn
To help us not to return,
By facing reality.

And so I'll close with this thought
That it is good to get caught,
And face reality.

June S.

Youth Corps

The meeting with the Youth Corps was enjoyed on their last visit and they will be returning February 17.

The theme for this visit will be "friendship". The large group will start at 2:30, and they will have two new guitarists, as Jim and Dave will be in San Francisco. Volunteers will follow with some drama. Later, girls will gather into small groups for a creativity session; topics will be love, friendship-love and marriage. Volunteers and the groups will later become involved in drama and the making of banners. The next involvement will be a one-to-one discussion. The meeting ended with a small prayer.

Love

Love is like a drifting stream,
That flows along life's many pathways.
First and most important of all,
Is known in life as infancy.
From here the stream of love flows smoothly,
As the love of the parents shows up strong.
And tends to give him lots of security.
Next comes the adolescent years and at these times,
We start to pull away because we feel
We no longer need the security that our
Parents give to us, and so, we try to see if we
Can force the stream of love into another channel.
And yet, my friend, I say to you this is one
Of the times we need, the stream of love most urgently.
Then as we reach our teens, can't you guess,
We are sure we know all there is to know
So we turn away from the stream of love.
And so we sometimes lose the dearest things
That we've had in life, "the love" we've got
And are still running after. And so it goes
On and on, around and around, until we find
In one of life's branches a person who like Mom
and Dad, shows us they care in a special way
So when we find that after all
We really need the stream of love and that only
Our way of thinking was clouded.
So, my friend, I hope we shall be able
To after all live through life successfully.
And if we can care for each other
A little, then we will find a little place
Along the shores of the stream of life
For along the stream of love are different
Steps which we all must make.-Mother, Father,
Sister, Brother, Friends and Lovers all belong in
Special branches around the stream that we
Call "Love."

Bernice L.

AQUARIOUS (Jan. 21 - Feb. 19)

With Jupiter in your sign for the past year, many favourable events probably have taken place making you a more gregarious, self-confident person. For the past year you could do no wrong. Don't carry this idea into the future.

Romantically, a cold attitude the last week of the month will affect love.

PISCES (Feb. 20 - Mar. 20)

Social affairs will take on added significance and pleasure for you this month. This is a good time to make definite plans for the future. Taken all together, you'll have opportunities this month to increase your income, better your job, improve your image, and add excitement to your love life.

ARIES (Mar. 21 - Apr. 20)

The first three weeks of this month could be a trying period for you if you allow it to get to you. Emotional pressures will tend to build up - be careful how you release them. Use the period for some strenuous exercising or work around the home. Financial problems could also arise if the budget is not watched carefully. Romantic attachments formed the first three weeks hold little promise of performance - more likely they will be heartbreaks.

TAURUS (Apr. 21 - May 20)

A new friend will come into the picture, one who will prove to be very close and beneficial for you in the future. Your finances will not get a lot of attention.

GEMINI (May 22 - June 21)

Communications will be either superficial or heavy this month, but don't expect any to be particularly romantic (unless you get a late Valentine.) In all affairs especially money, be especially skeptical - you could be taken in by a scheme. Good month for systematic construction. Undertake an educational course which will later prove worthwhile.

CANCER (June 22 - July 23)

Finances will tend to play fast and loose and will take its toll on close relationships in the early part of this month. Seek out a close friend and lend a sympathetic ear or aid someone less fortunate. The effect will take your mind off yourself until the last half of the month. Take note of dreams the last week as they signify the future.

WONDER WORD

HERE COMES 1974!

Solution: 13 letters

How

to

play

???

See
next
page

W	E	R	A	C	H	I	E	V	E	M	E	N	T	S
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CLUES

A ACHIEVEMENTS

G GREET

R RENEWAL
RESOLUTIONS

B BANDS
BELIEF

H HATS
HOPE
HUMAN

S STAND
START
SUCCESS

C CANDLES
CARE
CELEBRATIONS
CHEER
COURAGE

I INTENDS

T TRUST
TRY

D DECIDE
DREAMS

L LOVING

V VOWS

W WISHES

This is no Bull!



1881

1881

1881

LEO (July 24 - Aug. 23)

If you are inclined, partnerships are favoured but dominance should be subdued. Iron out problems beforehand very carefully and listen to opposing views. In arguments, be conservative - don't bluff or take chances. Legal matters should be taken out of court if possible. Social events the last part of the month. Stimulating conversation, but don't take things too seriously.

VIRGO (Aug. 24 - Sept. 23)

This is a very good month for you with events taking place which could work out to your betterment or your detriment. A love affair is likely to present itself the second week in the form of a person, place or thing. But you will have to put aside the Virgo shyness and take charge, causing the situation to develop to your liking. The rest of the month will be favourable for romance.

LIBRA (Sept. 24 - Oct. 23)

Excitement due to curiosity and originality. Your head will produce unique ideas that you will tend to try out. Higher standing or promotion because of your inventiveness. You could tend to become too careless and optimistic.

SCORPIO (Oct. 24 - Nov. 23)

Your ideas at this time are good and sound but will be smothered by other aggressive matters. Put your inventive mind to work on your home or plan future projects on your own. Follow your intuition, sometimes it is even better to take a step backwards to gain a better perspective. The latter part of the month will be quiet, centred around the home until the last week which will usher in a period of fun and gaiety.

SAGITTARIUS (Nov. 23 - Dec. 21)

Go to extremes to keep things on an even keel right now. Any changes you try to produce could only result in problems for you. Conditions will begin to improve after the middle of the month. Family relationships could cause flare-ups if you allow them to. Keep them cool with a little honey.

CAPRICORN (Dec. 22 - Jan. 20)

Contacts, agreements, or relationships entered upon during the first week hold a promise of permanence. Make sure it is exactly what you want. During the last two weeks after the month it would be beneficial to indulge in some form of instruction or education either in a sideline, a hobby, or a totally new endeavour.

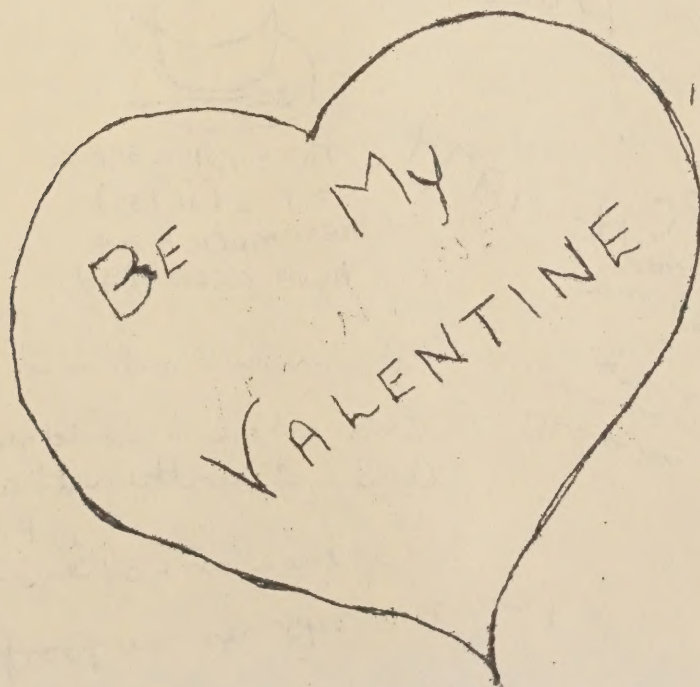
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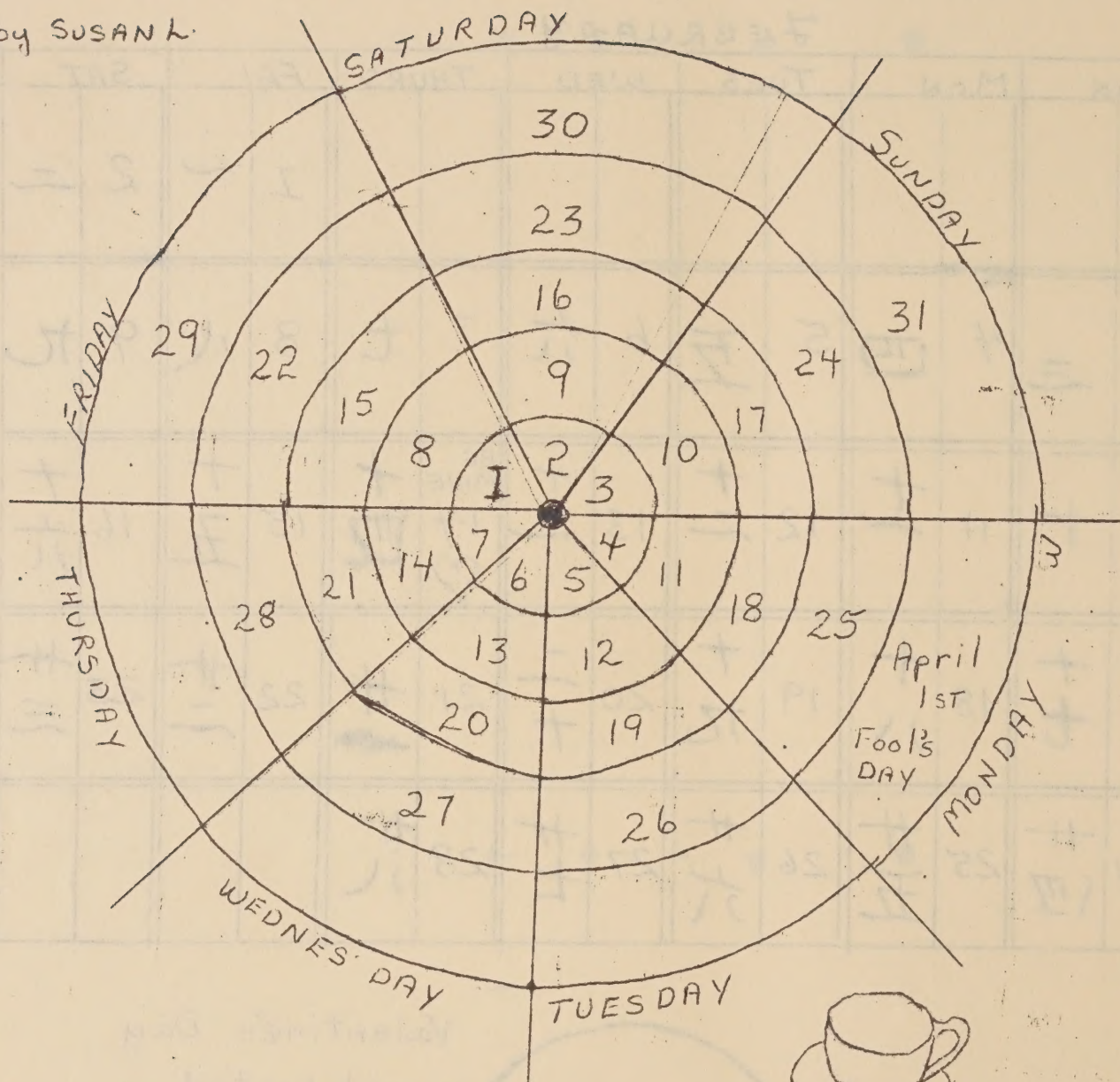
FEBRUARY

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10	十	11	十一	12	十二	13	十三	14	BE MINE 十四 ♡	15	十五	16	十六
17	十七	18	十八	19	十九	20	二十	21	廿一	22	廿二	23	廿三
24	廿四	25	廿五	26	廿六	27	廿七	28	廿八				



Valentine's Day
is celebrated
on February 14th
as a festival
of romance
and affection.

by SUSANK



MARCH-1974

The surprise shows us the (false) assumption we have accepted.

Why does your shadow resemble a false friend?
Because it only follows you in sunshine and disappears under a cloud.
You are not a friend, you are a shadow.

You saw me where I never was.
And where I could not be
And yet within that very place
My face you often see.
(A reflection in the mirror)